

Rare and Excellent
RECEIPTS.

Experienc'd, and Taught
By M^{rs} *Mary Tillinghast.*

And now Printed for the Use
of her Scholars only.

L O N D O N,
Printed in the Year, 1690.

RECEIPTS



Handwritten signature or initials

RECIPE

I. How to make Paste for all Pies to Rise.

To every Peck of Flour, take two Pound of Butter; the Liquor must boyl, then put in your Butter; and when it is all melted, wet your Paste, but not too stiff.

II. How to make cold Paste.

To every Peck of Flour, take six Pound of Butter; break your Butter in small bits; and put it into your Flour; then wet it with cold Water, but not too stiff.

This Paste is good for all Pasties, or made Dishes, or Florendines.

III. How to make Paste for Custards.

You must boyl your Liquor, then wet your Paste, not lithe but stiff;

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there must be no Butter in it.
*This Paste is good for Custards,
and all Cotes, Feathers, & Effes.*

IV. How to make Duff-Paste.

To every peck of Flour, take
Eight pound of good sweet Butter,
Sixteen Eggs, take away half the
Yelks; first break into your Flour,
one quarter of your Butter into
small pieces, as you do for the cold
Paste, then break in so many Eggs
as the quantity of Flour, which
you wet, will require; break them
into a Porringer, and beat them a lit-
tle; then put some Water to them,
and put it into the Flour, and wet
it into a pretty stiff Paste; then
rowl it into a leaf of Paste about a
quarter of an Inch thick; then
stick it all over with bits of But-
ter, and double it up in five or six
Leaves; then rowl it out again about
half an Inch thick; then double it
up again, laying Butter all over it
as at first; and so do till all your But-

(3)

Butter be laid on the Paste; it must
never be moulded nor kneaded;
every time you rowl it out, and
lay the Butter on, you must strew
Flour lightly on the Butter, be-
fore you double it up, and upon
the board, and over the top; for it
must neither stick to the board, nor
Rowling-pin.

*This Paste is good for all Floren-
dines, Cheese-cakes, made Dishes,
or for Sweet-meat-Tarts.*

V. How to make Sugar-paste.

To every peck of Flour, you
must take four pound of Butter,
two pound of Sugar; the Butter
must be rubb'd into the Flour, so
fine till it seems like grated Bread;
then you must beat your Sugar,
and sift it through a fine Sieve; then
rub it into the Flour very well,
and make it up into a stiff Paste
with boyled Liquor.

*This Paste is good for all sorts
of*

of Cheese-cakes or Tarts, which are made of Sweet-meats, Rasberies, Currants, or Apricocks.

VI. How to make Paste-Royal.

To every peck of Flower you must have six pound of Butter, broke in small bits into the Flower, and sixteen Eggs, taking away half the whites; then take one pound of Sugar finely beaten and sifted, and mix it with the Flower and Butter, and make a hole in the middle of the Flower; then brake in the Eggs, wet the Paste with cold Cream, a little Sack, and a little Rose-water.

This Paste is good for all Florentines, or made Dishes, which are sweet.

VII. How to make Venison, Beef, or Mutton Pasty.

Take a hanch or side of Venison and bone it, then take off the outermost ruff Skin; then take it, and lay it in form for a Pasty; then lay the

the side that you took the skin from, downwards to the board; then slath it cross and cross with your Knife, then season it with two Ounces of Pepper, and a quarter of a Pound of Salt, and two Nutmegs grated; then you must have four Pound of Beef Suet shred fine, and take one half of it, season it lightly with the seasoning, and sprinkle a little water on it; then beat it with the Rowling-pin till it be all in a broad thin Cake; then lay the Suet which you have beat, on the Paste; then then lay on the Venison with that side downwards which is seasoned, then season the top of your Venison lightly: then order the other part of the Suet as you did the former, and lay it upon the top of the meat and close the Pasty.

VIII. How to order the Bones.

Then take the Bones, and brake them very well, season them high, and put them in a Pan,

(6)

with a pint of fair Water, and a pound of Suet thred fine ; if the Pasty be small, half a pint of Water is enough, and half a pound of Butter.

If you make your Pasty of Beef, a Surline is the best ; if of Mutton, then a Shoulder or two Breasts is the best. A Venison, or a Beef Pasty, will take six hours baking.

IX. How to make a Lamb, Mutton or Veal Pasty.

Take a hind-quarter of Lamb, and bone it; then lay it in form for your Pasty all of an evenness; then take an Ounce of Pepper, one Nutmeg grated, and as much Salt as two Quinces. If your Lamb be small, you must take so much the less seasoning. For a Veal-Pasty, a Breast is the best Joynt, and the same Seasoning as for the Lamb; only before you lay on the Butter, lay three or four blades of large Mace; your Veal must be bon'd, as well as your Lamb; for each of these

(7)

these Pastes, you must have two pound of Butter. If it be Mutton, then you must have three pound of Butter, or three pound of Beef-suet, thred small, and beat with a little Water with a Rowling-pin; Four hours is enough to soak any of these Pasties.

X. How to bake the Bones.

Break the Bones of your Meat; season them well; put to them half a pint of Water, and half a pound of Butter; put them in a Pan, and cover them close with a Paper, or a piece of course Paste, and set them in with the Pasty; and when the Pasty comes out of the Oven, pour in the Liquor which comes from the Bones.

XI. How to make a Lamb-Pye.

Take a quarter of Lamb, either fore or hind-quarter, it mattereth not which; cut it into small pieces, then season it with Pepper, Salt, and

and Nutmegs, according to your Pallet; and lay on the Meat a blade or two of large Mace; then lay on some scalded close Lettice, or scalded Spinnage in lumps; then put in some scalded Goosberries, or raw Barberries on the top of all; then lay a pound and half of Butter, and close the Pie. Three hours will bake it,

XII. How to make a Lere for this Pye.

Take half a pint of Vergise, and a quarter of a pound of Butter, make the Vergise boyl, then stir in the Butter, then take the Yelks of two Eggs, and put it into the Pie, when it comes out of the Oven, before it goes to Table. If it be to eat cold, then put in no Lere.

XIII. How to make a Lamb Pye Sweet.

Take a Fore-quarter of Lamb and cut it into small pieces; season it with Nutmegs, Cinnamon, Su-

Sugar, and a little Salt; then lay a lair of Butter at the bottom, and lay on the Meat; then on some Suckets of Lettice, and some of Lemon, some preserv Grapes and Barberries, some heshnuts scalded, and some Yelks of hard Eggs; lay on one pound of Butter, then close the Pie. Two hours will bake it. If it be a Veal-Pie, instead of the Sweet-meats, put in Currants,

XIV. How to make a Caudle for this Pye.

Take a pint of White-wine and make it boyl; then brew in half a pound of Butter, the Yelks of three Eggs, and as much Sugar as will make it pleasant to your taste, not too sweet. Thus you may season a Veal Pie, if you please; only into the Caudle squeeze the Juice of two Oranges.

XV. How to make Prince Pyes.

To every pound of Meat, take two pound of Beef suet, Two pound

(10)

pound of Currants, and a quarter of an ounce of Cinnamon, one Nutmeg, a little beaten Mace, some beaten Cloves, a little Sack & Rose-water, two large Pippins, some Orange and Lemon-peel cut very thin, and shred very small, a few beaten Carraway-seeds, if you love them, the Juycce of half a Lemon squeez'd into this quantity of meat; for Sugar, sweeten it to your relish; then mix all these together, and fill your Pie. The best meat for Pies, is Neats-Tongues, or a Leg of Veal; you may make them of a Leg of Mutton, if you please; the meat must be parboyl'd, if you do not spend it presently; but if it be for present use, you may do it raw, and the Pies will be the better.

XVI. How to make a Pigeon-Pye

Take a dozen of Pidgeons, and break all their Bones with a Rowling-pin, then truss them; as for seasoning, take an Ounce of Pep-

(11)

Pepper, and one large Nutmeg grated; and two ounces of Salt, if you love it high season'd, or else not so much; mix the seasoning together, then take for every Pidgeon a piece of Butter as big as a Wall-nut, and dip in the Seasoning, and put it in the Pidgeons Belly; then take the rest of the Seasoning, and season the Pidgeons with it; then lay a thin laying of Butter at the bottom of the Pie, and lay in the Pidgeons with their Breasts downwards; then lay on some large Mace, and some slices of Bacon, if you love it; but if the Pie be to be eat cold, there must be no Bacon: Then lay Butter all over the Pidgeons pretty thick; two pound of Butter is enough for this Pye.

XVII. How to make a Chicken-Pye Sweet.

Take half a dozen of Chickens, and break all their Bones with a Rowling-pin, then truss them; or else you may cut the Chickens into quarters, which is most proper for

for a sweet Pie; then for the Seasoning, take half an Ounce of beaten Cinnamon, one large Nutmeg grated, half a Pound of Sugar, and a little Salt; then season your Chickens with it, and put them into the Pie; then lay on some Suckets of Lettice, and some Suckets of Lemons, some slices of raw Lemons, and some preserv'd Barberries, a Pound of Butter, the Marrow of two Bones; then close the Pie: Two hours baking is enough for this Pie.

XVIII. How to make a Caudle for this Pie.

Take a Pint of White-Wine, and a little Vergife, and make it boyl; then brew it with a good piece of Butter, and the Yelks of four Eggs; sweeten it with Sugar to your tast, but not too sweet; when the Pie is bak'd, put it into the Pie before it goes to the Table; and shake it, when it is in the Pie.

XIX. How to make an Artichook-Pie.

Take your Artichooks, and boyl them as you doe for to eat, pull off the leaves from the bottom; then take the Leaves, and with a Knife rake the Meat from the Leaves, and lay it in the form of a bottom; then season the bottoms, and what you took from the Leaves, with Cinnamon, Nutmegs, a little beaten Ginger, a little Salt and Sugar; then butter the bottom of your Pie, then lay on the Artichooks, and on them some preserv'd Barberries, preserv'd Goosberries, and preserv'd Cherries; some candid Lemon, and Orange-peel cut in thin slices, and some Marrow. To six Artichooks, you must have the Marrow of two large Bones, a lair of Butter all over the Pie; a Pound of Butter is enough, besides the Marrow for this Pie. Close it, and put it into the Oven; an hour and an half will be enough to bake it.

XX. How to make a Caudle for it.

Take half a pint of white Wine, half a pint of Sack, make it boyl; then brew in a good peice of Butter, the Yelks of three Eggs; and when the Pie is bak'd, put in the Caudle, and shake it well in the Pie; then send it to the Table.

XXI. How to make a Potato or Secret-Pye.

First boyl your Roots, and take the skin from them; then season them with Cinnamon, Nutmegs, Sugar, and a little Salt, not too sweet, because the Roots are sweet; then butter the bottom of your Pie; then lay on the Potatoes or Secrets; then lay on some Preserves of Cherries, Goosberries, Grapes, Barberries, White Bullice, Currants; all these must be preserv'd; some candid Citron cut in thin slices, and lay all over the other Preserves; the Marrow of a large Bones, is enough for three pound of any of these Roots,

Roots, then lay a pound of good sweet Butter over all, and close the Pie: an hour and a half will bake it.

You must make the same Candle for this Pie, as you did for the Artichoke-Pie, only squeeze in the juice of a good large Lemon in the Caudle: before you put it into the Pie,

XXII. How to make a Lombard Pie.

Take Lamb or Veal, and shred it very small, to every pound of meat, a pound of Beef suet shred small, a little sweet Marjoram, Thyme, and Winter Savory sift and shred very small, a little Lemon peel shred fine, To the quantity of four pound of the meat, you must put the Crum of a penny Loaf grated, a Pound and a half of Currants, half a Pound of Sugar. To season it, you must have two Nutmegs, a little beaten Cloves and Mace, a little Cinamon, and a little Salt, no more Salt then will take away the flashiness, and make it relishable; then mix them well together, then have some juice of Spinnage and

colour it green; then make it up into Balls as big as an Egg, and fill the Pie with one lair of the Balls; then you must put in some preserves, as Cherries, Barberies, Grapes, Suckets of Lettice. Suckets of Lemon, Candied Orange and Cittron Peel, Ringua Roots; then lay a lair of Marrow all over the Pie with some bits of Butter; Close the Pie, and bake it. An hour and an half will bake it. Before you close it, and before the marrow be laid, lay on some slices of Lemon.

XXIII. How to make a Caudle for a Lombard Pie.

Take half a pint of Sack; and as much White-Wine, and a quarter of a Pint of Verjuice; set them on the Fire. and let them boyl; then brew them with a quarter of a pound of sweet Butter, the Yelks of three Eggs; and put these in the Pie when it comes out of the Oven; and shake it into the Pie, before you send it to the Table.

XXVI.

XXIV. How to make Cheese-Cakes.

Take a quart of the Curd of new Milk, when the Whey is draind well from it, and beat it well in a Stone or Wooden Mortar, with half a pound of good sweet Butter; then you must have for the Seasoning, a large Nutmeg grated, and beaten Cinamon; as much as the quantity of the Nutmegs; half a pint of good thick Cream; eight Eggs, take a way half the whites, a little Sack, and a little Rose-water, or Orange-flower-Water, a little Amber-Greece dissolv'd in a little Sack; then take half a pound of fine Sugar beaten very fine, and scerst; half a pound of Corrans is enough for this quantity, mix all these very well together, and fill your Cheese-cakes: half an hour will bake them; the Oven must be no hotter than for White-Bread.

Puff-Paste is best for the Cheese-Cakes; but if you raise them, then it must be Sugar-Paste.

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XXV.

XXV. How to make an Eeles-Pie.

Take the Eeles (being flaid) and cut them in pieces, about four inches long; then season them with Pepper and Salt, and a little grated Nutmeg; season them not too high: Half an Ounce of Pepper is enough for six Eeles (if they be not very large) and half a good Nutmeg; but if they be large, then this Seasoning is but for four: lay some Butter at the bottom of your Pie, then lay in the Eeles; and upon the Eeles lay on three or four blades of large Mace, then lay Butter all over your Pie; a pound and half is enough for this Pie.

Sometime for change, season them not so high, then put in half a pound of Corianders: if you please, you may put in as many Raisins of the Sun. This Pie will ask two hours baking.

XXVI. How to make a Gose-Giblet Pie.

Take four pair of Giblets, and break all the Bones with a Rowling

ing-pin: Then for the seasoning, you must have an ounce of Pepper, a Nutmeg grated, or cut small; two ounces of Salt, two pound of Butter in the Pie. This seasoning will serve a Mutton or Veal-Pie; only in the Mutton, you need not put but one pound of Butter.

XXVII. How to make a Chicken Pie.

Take your Chickens, and break all the Bones with the Rowling-pin; then season them with Pepper, Salt, and Nutmeg grated, that is, to six Chickens, an ounce of Pepper, one large Nutmeg, half a dozen blades of large Mace, two pound of Butter. Lay in your Meat; and upon the Chicken lay Meat. and upon the Chicken lay the Mace, then lay the Butter all over it and close it. This Pie will ask two hours baking.

*After this manner you may season a Pidgeon Pie. * This seasoning is enough for a dozen of Pidgeons.*

XXVIII. How to Season a Goose
or Turkey Pie.

Take two Ounces of Pepper half an Ounce of Nutmegs, a little beaten Cloves and Mace, four Ounces of Salt. Bone your Turkey; then Season it within and without with the Seasoning: Then have a piece of fat fresh Pork, and Season as the Turkey; and put it in the Belly of the Turkey; or you may bake it without, if you please. If you put Pork in it, then three pound of Butter is enough for it; but if not, then you must put in four pound.

If you do not Bone your Goose, then you must brake all the Bones off it: Then Season it, as you do the Turkey. This Seasoning is enough, if you put in a couple of Rabbits with your Goose, and three pound of Butter. When either of these Pies be bak't, when they have been out of the Oven a little while, then you must put in two pound of Clarify'd Butter.

XXIX.

XXIX. How to Clarify Butter.

Take your Butter and set it on a gentle Fire, and let it melt by degrees, without stirring it; when it is all melted, and ready to boil, then take it off from the Fire, and let it stand a while to settle; then skim off the top, and pour it into the Pye.

So you must Clarify your Butter to fill up all sorts of Pies that you keep Cold.

XXX. How to make a Batall Pie.

Take Chickens that be very young, or else young Pidgeons; season them with Pepper, Salt, and Nutmeg, season them pretty high; then lay in your Pidgeons or Chickens cut in quarters, with their Bones broke: Then lay in some whole Larks, some Sallages, some blades of large Mace, some Balls of Forc'd Meat, coloured green with Juice of Spinnage, some pickled Oysters, or Stew'd, which you please;

B 4

please; some picked Barberies, some slices of Lemon: Then lay pieces of Marrow all up and down the Pie; then lay on a pound of Butter all over the Pie; then close it, and bake it: It will ask two hours baking.

XXXI. How to make Chewits to let all round it.

Make them of Lombard-Meat, put Marrow a top of it: when they be bak'd, liquor them with the same Caudle, as you make for a Lombard-Pie, but put no sweet Meats in your Chewits, only season your Marrow with Cinamon, Nutmeg, and Sugar.

XXXII. How to make a Leer for the Batalia-Pie.

Take half a pint of Mutton-gravy, two spoonfuls of Oyster-liquor, half a pint of white-Wine: then set it on the fire, and make it boil; then put to it the Juice of two Oranges, and a good piece of Butter,

ter, the yolks of two Eggs, being well beat, put in the Pie, when it comes out of the Oven.

XXXIII. How to make a Chadron Pie.

Take a Calves-Chadron, and parboile it; then when it is cold, shred it very small; then shred a pound of Suet very fine; then season it with half an ounce of Cinamon, and two Nutmegs, and a little beaten Cloves and Mace, a little shred Lemon and Orange-peel, four good Pippins shred small, a little Rose water, and half a pint of Sack, if it be a large Chadron; if not a quarter of a pint will be enough; and a pound and a half of Currants: mix all these together, with a quarter of a pound of Sugar, and a little Salt; then fill your Pies or Florendine with this Meat.

This Florendine must be bak'd in Puff-paste or cold Paste.

XXXIV. *How to make Custards.*

Take two quarts of Cream or Milk, and twelve Eggs, take away half the Whites, put half a pound of Sugar; beat your Eggs very well, then mix it well together; then strain it, and fill your Custards: the Cream or the Milk you must boil with a Blade or two of Cinnamon and large Mace; and to two quarts of Cream, put fourteen Eggs: Then fill your Coffins with it, they being first dry'd in the Oven.

XXXV. *How to make a Button Pie after the French Fashion.*

Take some of a Leg of Mutton, mince it small; to every pound of Meat, half a pound of Beef-suet minc'd small, two good Nutmegs, a little Pepper, and a little beaten Cloves and Mace, a pound of Currants; to every pound of Meat, a
few

few sweet Herbs shred small, as sweet Marjoram, and Thyme, and Winter Savory; the yelks of six Eggs; mix all these well together, with as much Salt as will make it savory; when it is well mixt, make it up in Balls, as big as a Turkey-Egg, then put some Butter on the bottom of your Pie, then lay on the Balls; then lay on some blades of large Mace on the Balls; then lay on some more Butter, close it, and bake it.

XXXVI. *How to make a Lere for it.*

Take half a pint of white Wine, with one Lemon squeez'd in it, and the yelks of three Eggs, and brew it well together; then put it in the Pie, when it is bak'd.

XXXVII. *How to make a Herring Pie.*

Take your Herrings, and cut off
their

their Heads and Tails; then cut them three times on every side; then season them with Pepper and Salt: put in good store of Butter, that is, to eight or ten Herrings a pound of Butter, then close it, and bake it.

XXXVIII. Another way to make a Herring Pie.

Take the Herrings, and season them as the other; then have some old Onions, and cut them in slices, and lay them all over the Herrings, lay the Butter over the Onions, then close it, and bake it.

XXXIX. Or this way.

Do not season them so high as the other, but cut them after the same manner, and put a litle grated Nutmeg in it: then lay all over the Herrings some Raisins and Currants, then lay a Laying of Butter.

XL,

XL. How to make a Carp or Tench Pie.

Take either of these Fish, and scrape off all the Scales, then cut them across on the side, then season them with Pepper and Salt, and a little beaten Cloves and Mace, then lay in some Butter in the bottom of the Pie, then lay in the Fish, then lay on some pickled Barberies, some slices of Lemon, a slice or two of an Onion, then lay some blades of large Mace, then lay on a Laying of Butter: If this Pie be large, you must put two pound of Butter, then close it, and bake it, two hours is enough to bake it

XLI. How to make a Hare Pie.

Take the Hare, and cut it to pieces, then season it with an ounce of Pepper, and two Ounces

ces of Salt, one large Nutmeg, a little beaten Cloves and Mace; brake all the Bones very well with a Rowling pin; then lay the Hare in the Pie; lay some slices of fat Bacon on the Hare, if you love it, else none: You must put two pound of Butter in this Pie. This Pie will ask four hours baking.

Or this.

Bone the Hare, and beat the Flesh very well in a Mortar with some fat Bacon, or Beef suet; then season it as you do the other; work the Seasoning very well into it with your hand: you must beat it till it is in a perfect Paste: then fill your Pie, and lay on two pound of Butter: This will ask as much baking as the former.

XLIII. How to make a Rabbit-Pie.

Take a couple of Rabbits, and break all the Bones; then season them with Pepper and Salt, and Nutmeg; then take a pound of Butter, and lay on the Rabbits, then close your Pie: This Pie will ask two hours baking.

XLIV. Or thus.

Take your Rabbits, and break the Bones, and season them with Pepper and Salt, but no Nutmeg; lay on the Rabbits a good deal of pick'd Parsley; then lay on a good quantity of Butter, and close it.

XLV. Or this way.

Season the Rabbits, as befor, and lay good store of slic'd Onions, and a good quantity of Butter.

XLVI. How to make Patte Pann
passe for Carts.

Take half a quarter of a Peck of fine Flower, three quarters of a Pound of Butter, and rub it into your Flower; put in a quarter of a pound of Sugar; then beat Two Eggs, with a little water, and wet your Patte with it, but take Care you wet it not too much.

F I N I S

THE ACADEMY

JULY 3, 1915.

NOTINGS FOR THE WORDBOOKS, FROM THE
YEAR 1690.

To the Editor of THE ACADEMY.

Sir,—The British Museum possesses a book of 30 pages called: "Rare and Excellent Receipts. Experienc'd and Taught By Mrs. Mary Tillinghast. And now Printed for the Use of her Scholars only. LONDON, Printed in the Year, 1690." It has also an edition of 1678. From the second edition, presumably the less carelessly produced, one gets:

Page 2. *This Paste is good for Custards, and all Cotes, Feathers, and Esses.* ("Feather" is known as a confectioners term.)

P. 9 . . . ; then lay a lair of Butter at the bottom, and lay on the Meat; then lay on some Suckets of Lettice, and Suckets of Lemon, . . . p. 12. . . . some Suckets of Lettice, and some Suckets of Lemons, . . . p. 16. . . . , Suckets of Lettice, Suckets of Lemon, (apparently a variety of "socket" meaning slice.)

15. How to make a Lombard = Pie. . . . , a little Cinamon, and a little Salt, no more Salt then will take away the flashiness, and make it relishable;

16. . . . Candied Orange and Cittron Peal, Ringua Roots; (probably a corruption of *ringo* = *eryngo*, i.e. "the candied root of the Sea Holly.") How to make a Caudle for a Lombard Pie.

18. . . . : if you please, you may put in as many Raisins of the Sun. This Pie will ask two hours baking. (She means sun-dried grapes.)

22. How to make Chewits to set all round it. Make them of Lombard-Meat, put Marrow a top of it: when they be bak'd, liquor them with the same Caudle, as you make for a Lombard-Pie, but put no sweet Meats in your Chewits, only season your Marrow with Cinamon, Nut.

5, ORIEL STREET, OXFORD,

E. S. Dodgson

TO HAYES AND SON,

BOOKBINDERS.

Recipes. 1690.

German card 1.6
Para Stapleton

July 10 1915

meg, and Sugar. XXXII. How to make a Leer for the Batalia = Pic. (*Chewits* and *Lombard-Meat* seem to mean "mincemeat"; *Leer* the same as *lair* or "layer." *Batalia* perhaps refers to the great Abbey of Batalha in Portugal.)

23. How to make a Chadron Pic. Take a Calves-Chadron, and parboile it; (a variety of *chaudron* = *chawdon*, i.e. entrails.)

24. . . . : Then fill your Coffins with it, they being first dry'd in the Oven. (This means receptacles made of pastry.)

29. . . . ; lay on the Rabbets a good deal of pict'd Parsley; (recognised in the Dictionary as a variety of "picked"; but not illustrated by quotations.)

May these notes be useful to wordbookers, and other scholars also!

EDWARD S. DODGSON..

Oxford, June 18, 1915.

Offered to the Bodleian Library,
on Saturday, July 10, 1915,
Edward S. Dodgson.